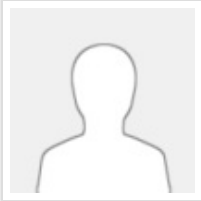




## Everyone should at least 1 cycle of roids, for muscle nuclei increase

### Everyone should at least 1 cycle of roids, for muscle nuclei increase

Thread Modes



**Satanas**  
Member



Posts: 87  
Threads: 18  
Joined: Sep 2015  
Reputation: **50**

04-04-2017, 02:53 AM (This post was last modified: 04-04-2017, 03:02 AM by Satanas.)

#1

It has been proven that steroids will increase the number of muscle nuclei and this advantage can last decades. This is a why ex steroids users, can retain lots of muscle mass despite using TRT doses or even no juicing at all. IMO everyone should do one cycle of 3 months with proper nutrition, routine, and PCT. Ideally, you want to do 2 cycles. This won't affect your natty test much, if at all, and the results on the muscle fibers and nuclei will be basically permanent. Even if you lose some, or all your steroid gains, you still have gained something that will benefit you in the future.

#### Quote:

"Mice were briefly exposed to steroids which resulted in increased muscle mass and number of cell nuclei in the muscle fibres. Three months after withdrawal of the drug (approximately 15% of a mouse's life span) their muscles grew by 30% over six days following load exercise. The untreated mice grew insignificantly." "The results in our mice may correspond to the effects of steroids lasting for decades in humans given the same cellular 'muscle memory' mechanism.

**In short, the researchers found that even with several years of anabolic steroid withdrawal and a lack of strength training, important characteristics of muscle were permanently altered.** These changes provide an advantage for strength performance and muscle growth many years after drug use has stopped. **Evidence shows that the number of nuclei generally remains proportional to the size of the muscle fiber, meaning that when a muscle fiber grows, the number of nuclei also increases**

#### Quote:

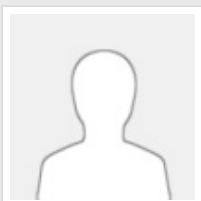
Until recently it was believed that during muscle wasting (**atrophy**) muscle cells lost nuclei by a nuclear self-destruct mechanism called **apoptosis**, but recent observations using time laps in vivo imaging in mice do not support this model. Direct observation indicated that no nuclei are lost under such conditions,[5] and the **apoptosis** observed in the muscle tissue were demonstrated to occur only in other cell nuclei in the tissue, e.g. **connective tissue** and muscle stem cells called **satellite cells**. Since in vivo imaging has confirmed that cell nuclei are added during strength training and not lost upon subsequent detraining,[3] the nuclei might provide a mechanism for muscle memory. Thus, upon retraining the extra nuclei are already there and can rapidly start synthesizing new **protein** to build muscle mass and strength.



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**darkfresh500**  
Senior Member



Posts: 779  
Threads: 182  
Joined: May 2016  
Reputation: **338**

04-04-2017, 03:41 AM

#2

**Satanas Wrote:** →

(04-04-2017, 02:53 AM)

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**GloriousWin** ●  
Senior Member



Posts: 279  
Threads: 8  
Joined: Jan 2016  
Reputation: **317**

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04-05-2017, 05:07 AM

#3

This is completely correct. It not only permanently improves your natural ceiling, it will literally make you able to heal faster and maintain muscle into old age. If you don't like the idea of being a sad old man rotting for 10 years in a nursing home, this is one very solid way to protect against it.

#### Iltyvr Wrote:

You talk daily about skull widening craniotomies with lefort 3 and triple genios, but don't dare to ingest carotene.

Reply



**lolita** ●  
Colez Biker Gang



Posts: 1,648  
Threads: 116  
Joined: Aug 2015  
Reputation: **145**

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04-05-2017, 06:20 AM

#4

What's the point if you end up having a bloated fucking face especially the cheek area where all the water goes. Muscles don't mean shit if the face is ultra shit looking.

Reply



Iltvyr

Mega Super Poster



Posts: 2,216  
 Threads: 362  
 Joined: Jul 2015  
 Reputation: 419

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(04-04-2017, 02:53 AM)

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name of the study?

**In short, the researchers found that even with several years of anabolic steroid withdrawal and a lack of strength training, important characteristics of muscle were permanently altered.** These changes provide an advantage for strength performance and muscle growth many years after drug use has stopped.

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Starcrazy Wrote: →

(03-08-2016, 07:05 PM)

you're as old as your hairline

Bukowski Wrote: →

(04-11-2016, 06:48 PM)

You're as pedo as your hairline

"It is not the hair that you have on your head that counts.. It is the hair that you have on your heart.."

ethnicslayer Wrote: →

(02-04-2017, 04:19 PM)

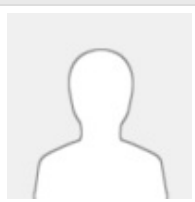
surgery is the only vitamin



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Beastcoast94

Senior Member



it's really not the significant

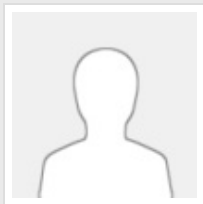
if you want serious permanent adaptation you have to abuse the fuck out of GH

look at that guy trevor from Enhanced Athlete. He is 250 pounds shredded year round, hardly trains, and uses a TRT dosage of test. All because he blasted 30IU of growth hormone for years which created so many new myoblasts.

Posts: 345  
Threads: 37  
Joined: Dec 2016  
Reputation: **116**

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**Virga** ●  
Newbie

Posts: 8  
Threads: 2  
Joined: Dec 2016  
Reputation: **0**

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04-06-2017, 05:14 AM

#7

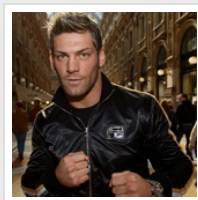
**Iolita Wrote:** ➡

(04-05-2017, 06:20 AM)

What's the point if you end up having a bloated fucking face especially the cheek area where all the water goes.  
Muscles don't mean shit if the face is ultra shit looking.

Water retention ceases when you go off the roids

 Reply



**chopper** ●  
Colez Biker Gang



Posts: 571  
Threads: 47  
Joined: Nov 2016  
Reputation: **1,040**

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04-06-2017, 02:33 PM

#8

**Beastcoast94 Wrote:** ➡

(04-05-2017, 07:51 PM)

it's really not the significant

if you want serious permanent adaptation you have to abuse the fuck out of GH

look at that guy trevor from Enhanced Athlete. He is 250 pounds shredded year round, hardly trains, and uses a TRT dosage of test. All because he blasted 30IU of growth hormone for years which created so many new myoblasts.

I'm sure he built all that muscle using HGH and TRT doses of testosterone



 Reply



**Iolita** ●  
Colez Biker Gang



Posts: 1,648  
Threads: 116  
Joined: Aug 2015

04-06-2017, 03:06 PM

#9

**Virga Wrote:** ➡

(04-06-2017, 05:14 AM)

**Iolita Wrote:** ➡

(04-05-2017, 06:20 AM)

What's the point if you end up having a bloated fucking face especially the cheek area where all the water goes.  
Muscles don't mean shit if the face is ultra shit looking.

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False  
It won't especially on your face  
Just look at many of the failed roiders off cycle

Reputation: 145

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Iltvyr

Mega Super Poster



Posts: 2,216  
Threads: 362  
Joined: Jul 2015  
Reputation: 419

04-06-2017, 08:55 PM

#10

isn't it dangerous?

Iolita Wrote: →

(04-06-2017, 03:06 PM)

Virga Wrote: →

(04-06-2017, 05:14 AM)

Water retention ceases when you go off the roids

False

It won't especially on your face

Just look at many of the failed roiders off cycle

pics plz thx

Starcrazy Wrote: →

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Bukowski Wrote: →

(04-11-2016, 06:48 PM)

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ethnicslayer Wrote: →

(02-04-2017, 04:19 PM)

surgery is the only vitamin

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GloriousWin

Senior Member



Posts: 279  
Threads: 8  
Joined: Jan 2016  
Reputation: 317

04-06-2017, 09:31 PM

#11

Iolita Wrote: →

(04-06-2017, 03:06 PM)

Virga Wrote: →

(04-06-2017, 05:14 AM)

Water retention ceases when you go off the roids

False

It won't especially on your face

Just look at many of the failed roiders off cycle

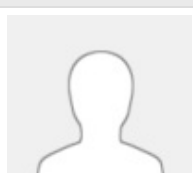
Testosterone doesn't even cause facial water retention to any particular degree. It's usually stuff like DBOL that causes bloat. A straight Test cycle will cause minimal water retention. And that's in the short term. That small amount of water is gone post-cycle.

Iltvyr Wrote:

You talk daily about skull widening craniotomies with lefort 3 and triple genios, but don't dare to ingest carotene.

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04-06-2017, 11:42 PM

#12

chopper Wrote: →

(04-06-2017, 02:33 PM)

Beastcoast94 Wrote: →

(04-05-2017, 07:51 PM)

**Beastcoast94**

Senior Member



Posts: 345  
Threads: 37  
Joined: Dec 2016  
Reputation: **116**

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it's really not the significant

if you want serious permanent adaptation you have to abuse the fuck out of GH

look at that guy trevor from Enhanced Athlete. He is 250 pounds shredded year round, hardly trains, and uses a TRT dosage of test. All because he blasted 30IU of growth hormone for years which created so many new myoblasts.

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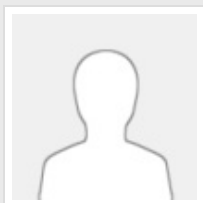


are you illiterate?

He originally built the muscle blasting grams of AAS and tens of IUs of growth hormone. After several years of that his muscles contained many more cells than the average person.

He \*now\* only needs low dose TRT and a few IU of GH to maintain that freaky size

Reply

**snowball364th**

Newbie

Posts: 35  
Threads: 4  
Joined: Mar 2017  
Reputation: **210**

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04-08-2017, 03:35 AM

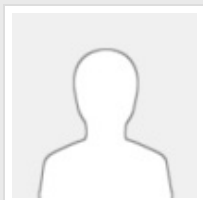
#13

I highly do not recommend this.

Not because i disagree with your info, but because its extremely easy to get addicted to steroids. Once you experience recovery and gains with steroids, you either want to stay on them or lose interest in natty lifting all together.

Once youve fcked a 9/10 you will never want to touch a 4/10 again, same logic applies with steroids.

Reply

**asiancel**

Monster Poster



Posts: 9,610  
Threads: 132  
Joined: Mar 2016  
Reputation: **1,840**

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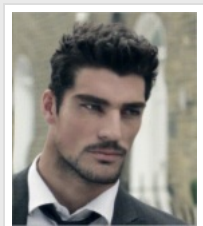
04-10-2017, 05:15 AM

#14

willing but unable...no reliable steroid source .



Reply

**SubGandy**

Senior Member



Posts: 779  
Threads: 34  
Joined: Jan 2017  
Reputation: **610**

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04-12-2017, 09:12 PM

#15

cycling is cope  
blast and cruise for life

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